



SUBSTANCE ABUSE PROGRAM (SAP) NEWCOMER BRIEF

As of 10 June 2015



Agenda

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Meet the ARNG SAP Team

The ARNG Substance Abuse Program is supported by contract staff, including an Alcohol and Drug Control Officers and Prevention Coordinators.

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ARNG Substance Abuse Program Mission Statement



The Army National Guard (ARNG) Substance Abuse Program (SAP) is key to ensuring Unit readiness for the ARNG.

The Substance Abuse Program is a Commander's program that emphasizes readiness and personal responsibility for Soldiers.

Substance abuse is a manpower and personnel readiness issue that erodes Soldier fitness.

The ARNG has the **highest illicit positive drug rate, consistently surpassing the Active Army rate over the past few years.**



SAP Overview

The Substance Abuse Program provides services tailored for each State/territory across the country.

The purpose of the SAP is to prevent substance abuse by providing ARNG Soldiers and Commanders with information and services to prevent, deter, and address high risk behaviors.

These services include:

- **Identification of high-risk Units**
- **Prevention education**
- **Assessments and referrals to community resources**
- **Deterrence through drug testing**



SAP Components

In order to provide a full continuum of services to Soldiers, the SAP program encompasses a variety of State ARNG activities and tasks.

- 1. Fulfillment of the requirements of Army Regulation 600-85 for the Army Substance Abuse Program.**
- 2. Implementation, collection, and analysis of anonymous Unit Risk Inventories (URIs) and Reintegration URIs (R-URI).**
- 3. Education and prevention outreach activities, to include distribution of marketing materials.**
- 4. Soldier referrals to licensed Substance Abuse and Mental Health Services Administration (SAMHSA) approved community-based providers for assessment and potential follow-up intervention.**
- 5. Conduct drug testing for Units according to the AR 600-85.**

Implementation, Collection, & Analysis of URIs/R-URIs



The SAP team provides Soldiers with the Unit Risk Inventory survey and the Reintegration Unit Risk Inventory survey.

The Unit Risk Inventories (URIs) and the Reintegration-Unit Risk Inventories (R-URIs) are anonymous questionnaires that screen for high-risk behaviors and attitudes affecting Unit readiness and personal well-being.

URIs and R-URIs provide a picture of a Unit's self reported high-risk behaviors.

URIs are administered:

- **Annually**
- **60 days prior to deployment**
- **60-180 days following redeployment**



Education and Prevention Outreach Activities

The SAP ADCO and PC facilitate the delivery of substance abuse prevention training at all levels: universal, selective, and indicative.

Soldiers receive the required annual prevention education per the AR 600-85. The ADCOs and PCs will facilitate this training.

- M-DAY Soldiers will receive 2 hours annually
- AGR Soldiers will receive 4 hours annually

Depending on the Unit, Soldiers may also receive additional prevention education that is targeted to the high-risk behaviors found in that Unit, as identified through the URIs and R-URIs.

ARNG SAP team coordinates with the G1 and Unit Commanders to target resources and the delivery of services based on data-driven decision making.

The ARNG-preferred universal substance abuse prevention training for the annual requirement is **Strong Choices**.



Education and Prevention Outreach Activities

The ARNG-preferred universal substance abuse prevention training for the annual requirement is Strong Choices.

The Strong Choices training curriculum includes five 1-hour modules:

- Being Well
- Relating Well
- Living Well
- Working Well
- Leading Well

Each module discusses the 0-1-2-3 Low Risk Guidelines that help Soldiers:

- Avoid high risk choices that negatively impact their Army career, civilian career, family and personal relationships
- Maintain Soldier Readiness

Education and Prevention Outreach Activities



The ARNG-preferred universal substance abuse prevention training for the annual requirement is Strong Choices

Being Well

- The human body is a complex machine that needs to be maintained and fine-tuned for optimal performance
- Drugs and alcohol can interfere with the human body functioning at full potential

Relating Well

- Consider the relationships in your lives and the influence that others have on you, as well as the influence you have on them
- Making high-risk choices with drugs and alcohol can negatively impact relationships

Living Well

- Everyone has a pendulum that swings between pleasure and stress as a result of every-day actions
- Drugs and alcohol are unhealthy ways to cope with stress and can have serious negative impacts



Education and Prevention Outreach Activities

The ARNG-preferred universal substance abuse prevention training for the annual requirement is

Strong Choices.

**Working
Well**

- Everyone works on a team, in some capacity. A team needs to work as a cohesive unit to be successful
- Making high-risk choices with drugs and alcohol not only impacts the individual, but also negatively impacts the entire team, preventing the team from achieving their mission

**Leading
Well**

- Leadership plays a critical role in supporting a cultural shift towards Soldiers making low-risk choices with drugs and alcohol
- It's important that Commanders approach the subject with their Soldiers appropriately. Leaders must analyze what they say to their Soldiers and how they say it



Prevention Education: Standard Drinks

The Standard Drink is a metric used to measure the amount of alcohol that a person intakes.



1.5 oz. of 80-proof spirits



5 oz. of wine with 7-12% alcohol content



12 oz. of beer with 4-6% alcohol content

Make Strong Choices



Prevention Education: Low-Risk Guidelines

The 0-1-2-3 Low Risk Guidelines are designed to help Soldiers make low-risk choices when it comes to alcohol and drugs.

- 0** Drinks if you are underage, pregnant, at risk for alcoholism or planning on operating a motor vehicle;
0 illegal or non-prescribed drugs
- 1** Maximum number of standard drinks in one hour
- 2** Maximum number of standard drinks in one day if you are a daily drinker or regular drinker
- 3** Maximum number of standard drinks in one day if you are an occasional drinker or drink only on special occasions

If you or a friend are making high-risk choices and/or need help, contact your Substance Abuse Program team.



Soldier Referrals to Community Resources

The ADCO and PC can refer Soldiers to community resources as needed.

Soldiers can be referred to SAMHSA-approved community providers for scheduling an assessment and follow-on intervention if they:

- **Self-refer for a substance abuse issue,**
- **Are Command referred to the ARNG SAP, or**
- **Test positive during a urinalysis**

The Soldier's Commander must be involved throughout this process.



ARNG Drug Testing

The ARNG conducts drug testing according to the AR 600-85 in order to facilitate early detection of drug abuse and deter Soldiers from using illegal or non-prescribed drugs.

Commanders work with the State Drug Testing Coordinators (DTCs) to conduct random urinalysis testing per regulation.

- 10% per month or 25% per quarter

Unit Prevention Leaders (UPLs) will conduct the urinalysis testing and assign observers to watch the Soldier provide a specimen.

Specimens will be tested for:

- d-amphetamine, d-methamphetamine, cocaine, hydrocodone, hydromorphone, methylenedioxy-amphetamine, methylenedioxy-methamphetamine, heroin, codeine, morphine, synthetic cannabinoids, tetrahydrocannabinol, oxycodone, oxymorphone, alpha-hydroxyprazosin, lorazepam, nordiazepam, oxazepam



ARNG Drug Testing

If a urinalysis comes back positive, the type of drug that is positive will determine whether a Medical Review Officer (MRO) is going to review it or not.

MRO Reviewable Drugs

- Oxycodone/ Oxymorphone
- Morphine
- Codeine
- Amphetamines and methamphetamines
- Prescription medications such as Valium, Zanax, and steroids

MRO Non-Reviewable Drugs

- THC
- Cocaine
- MDMA (Ecstasy)
- MDA (Ecstasy)
- PCP
- Heroin

If the urinalysis comes back positive for an MRO Reviewable Drug, the MRO will determine whether the drug is from legitimate or illegitimate use.

If the test comes back positive for an MRO non-reviewable drug, then the DTC immediately notifies the Commander and the Commander takes action.



ARNG Drug Testing

The Medical Review Officer (MRO) will determine if the positive drug test is due to legal use (valid prescription) or illegal use/prescription abuse.

Soldiers testing positive with an MRO case will be requested to provide evidence of legal use within 30 days:

- Provide a copy of the prescription from a physician, or a note from the prescription on their letterhead
- Provide a copy of prescriptions filled at your pharmacy, provided by the pharmacy
- Provide photos of the prescription bottle; include prescription #, your name, Dr.'s name, dosage directions and pharmacy phone #

If the MRO determines illegal use, then the Soldier will be processed for separation and must seek treatment through a SAMHSA-approved provider.

“Processing for separation” means that the separation action will be initiated and processed through the Chain of Command



ARNG Alcohol Testing

Breathalyzers may be utilized by Commanders when available to test for alcohol.

- **Commanders may test the Unit or parts of the Unit randomly for alcohol**
- **Blood Alcohol Content based on breath test of .05% is considered impaired on-duty**
- **Test will be confirmed by a Medical Professional (MP) breathalyzer, a local police department breathalyzer, or a Blood Alcohol Content Test at the **Medical Treatment Facility** (MTF)**



ARNG Alcohol Related Incidents

If an alcohol-related incident occurs with an ARNG Soldier, the Soldier will be referred to a community provider.

Soldiers will be processed for administrative separation if they are involved in two serious incidents of alcohol related misconduct in a year. Punitive action may be requested by Commander with a single incident.

Alcohol related incidents (misconduct) include:

- Impaired on duty
- DWI/DUIs
- Underage drinking
- Providing alcohol to someone under 21
- Negative incident involving alcohol – fighting, child or spouse abuse etc.



Limited Use Policy

The Limited Use Policy's purpose is to encourage those abusing drugs or alcohol to self-refer so that they can get help. Self-referral is the preferred method of identification.

The following must occur for a Soldier to be protected by the Limited Use Policy:

- **Soldiers must voluntarily self-refer to the following individuals:**
 - Commander
 - Military Chaplain (must provide consent to share information with Commander)
 - SAP Office (ADCO or PC)
 - NCO or Officer in their Chain of Command
- **Soldiers must NOT have knowledge of a pending urinalysis or alcohol test prior to self-referring. If they have been ordered to drug test or are aware of a test, they will not qualify.**

As of 10 June 2015

- **Soldier must provide their Commander with the facts**



Limited Use Policy

Limited Use Policy offers certain protection for a Soldier but is not a “Get of Jail Free” card.

The Limited Use Policy does not protect a Soldier if:

- The urinalysis comes back positive for a drug that the Soldier did not self-refer for
- The Soldier is caught for drug use or possession of drugs in the future
- The Soldier is involved in other illegal activities associated with previous use such as stealing, assault, etc.

The Limited Use Policy does protect a Soldier by:

- Prohibiting the use of Protected Evidence against the Soldier in courts-martial, UCMJ action, and unfavorable characterization of service
- Limiting the characterization of discharge to “Honorable” should separation occur

For more information on the Limited Use Policy, ask your State IAC



Summary

In order to provide a full continuum of services to Soldiers, the SAP program encompasses a variety of State ARNG activities and tasks.

- **The Army National Guard Substance Abuse Program ensures Unit readiness for the ARNG.**
- **The SAP Program encompasses a variety of State ARNG activities and tasks:**
 - Prevention, education and outreach activities, to include marketing
 - Referrals to licensed community-based providers for assessment and potential follow-up intervention
 - Self referrals to community based providers
 - Deterrence through random drug testing
- **Please refer to your State's TAG Policy for additional guidance.**



Warrior Pride

WARRIOR PRIDE

Personal **Courage:** Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.

Respect: Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.

Integrity: Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.

Duty: Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.

Excellence: Exhibit honorable behavior on and off duty - don't be a substance abuser!



Questions & Answers

Questions?

Please do not hesitate to contact the SAP ADCO and/or PC for more information.

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